



Neighbor to Neighbor

Published by Anne M. Paquin Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

www.neighbortoneighbornewsletter.com

Celebrating 33 Years of Service

Issue # 345 • February 2017

POSTAL PATRON
TYNGSBOROUGH, MA 01879

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TYNGSBOROUGH TOWN CLERK

2017 DOG LICENSES are available at the Town Clerk's office or by mail. Male/female licenses are \$11.00 and spayed/neutered licenses are \$7.00. Current rabies vaccination is required. If renewing by mail, please enclose a stamped envelope for the license. Remember that there is a \$25.00 late fee for any registration after March 1! **2017 CENSUS** forms were mailed. Please check the information on the form for accuracy, make necessary corrections, and return promptly to the Town Clerk's office. If you do not receive a census form, please call the office and we will mail a form. Please note that the census does not register you to vote. You can register by going to mass.gov and completing an online voter registration form. Completing and returning the census keeps your voter status current and there will be no need to fill out a proof of residency form at the polls.

OFFICES TO BE FILLED

AT THE ANNUAL ELECTION MAY 9, 2017

One Year Term: Cemetery Commissioner, Library Trustee

Two Year Term: Cemetery Commissioner

Three Year Term: Selectman (2), Board of Assessor, Board of Health (2), Library Trustees (2), Cemetery Commissioner, Finance Committee, School Committee (2), Sewer Commissioner, Tree Warden, Moderator

Five Year Term: Planning Board

Nomination papers are available at the Town Clerk's Office. Please contact the office at 978-649-2300 extension 129 or email to jshifres@tyngsboroughma.gov with any questions.

NOTICE

TYNGSBOROUGH WATER DISTRICT

Nomination papers are available for two (2), 3 year term for Water Commissioner. **Nomination papers need to be returned by February 14, 2017 at 2:00 PM** and can be obtained at the Tyngsborough Water District, 87 Progress Avenue, Unit 2.

The **Election will be held on Tuesday, April 4, 2017 from 5:00 PM – 7:00 PM** at the District office. All registered voters residing in the District are welcome to vote at this time.

Signed: Board of Water Commissioners

Tyngsborough Water District, 87 Progress Ave, Unit 2
Tyngsborough, MA 01879 978-649-4577

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs. Exercise, Tai Chi, Paint Class, and other events at the Center. If you wish to donate please make check payable to: **Council on Aging, Senior Gift and Donation and send to Tyngsborough Council On Aging, 25 Bryant Lane, Tyngsborough MA, 01879** The Tyngsborough Council on Aging has three sources of funding: Senior Gift and Donations, Friends of the Council on Aging, and Grant Funding. When you donate it is helping seniors to lower the cost for activities, bus rides, etc...

"With your donations, it makes everything possible".

IN MEMORY OF

Irmin L. Pierce Jr.	Lorraine A. Meuse
Pauline L. Ross Pierce	Frank 'Ben' Cawthron
Sharon M. Palmer	Mary P. Perry Bevis McClosky
Dennis J. Duarte	Doris McGrath
Isabel E. Montgomery Posnak	Sheila T. Trowbridge Childs
Robert R. Lord	Oliver Thomas Carver
Margaret Anne Paulauskas	Roger P. Guthrie
William Anthony Paulauskas	Jesslyn A. Laramee
Michael A. Gouveia	Margaret B. Sabato Sampson
Barbara E. Morley McGrath	Gladys M. Dozois Coughlin
Mary E. Hill	Gloria R. Belanger

Donald E. St. Hilaire

SCOUTING FOR FOOD

As the month of February begins the Scouting community is preparing for its annual Scouting for Food drive to help fulfill one part of the scout oath, "to help other people". The drive in Tyngsboro is held in February in conjunction with the annual celebration of the founding of the boy scout movement in America on February 8, 1910. Other towns within our Council held drives in November but there is a great need to restock the shelves after the holidays so Troop 46 and Pack 46 will continue their tradition of collecting food after the holiday.

Many, many thanks to all residents who donated food to last year's drive. Over 3800 food items and 800 plus paper products/toiletries were collected and sorted by the scouts. The food pantries at St. Mary Magdalen and St. John the Evangelist parishes were extremely grateful to be able to restock their shelves.

The scouts will be delivering hangers with information along with a bag, generously donated by Trader Joe's, on the weekend of February 4th/5th. Suggested food/paper/toiletries items are listed. If you can participate please place the bag with donated items by your mailbox (or some visible location) on the following Saturday, **February 11th by 9:00 a.m.** In case of inclement weather on pickup day please call the number on the hanger or bag to arrange a pickup time. *Since there are not enough scouts to canvass the entire town if you do not receive a hanger/bag on February 4th/5th and would like to make a donation, please call (978) 649-6745. A scout will be assigned to call you and arrange for a pick up date/time.*

THE TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough 978-649-7361 www.tynglib.org

• **Wednesday, March 8, 7-8:00 p.m. College planning and financial aid workshop** for parents. Teens are welcome to attend with a parent. Registration preferred, but not required.

• **Saturday, March 11, 1 a.m.-12:30 p.m. Game On! Modding Minecraft. Grades 6-12.** Learn how to build structures and run simple games in Minecraft with the Raspberry Pi microcomputer and Python programming language! Registration required.

• **Register for TPL programs by calling the Library or using the contact form on the website.**

See February Library news on 7th page

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TYNGSBORO GARDEN CLUB



We hope that you are enjoying the beauty that the winter season has to offer and that you are looking forward to Spring! With that thought in mind, please join us on **Tuesday, February 7th** for a one stroke painting class with your own clay pot from home. We will supply the paint, instruction and refreshments, but you will need to bring the vessel, small and medium brushes, and a small fee. This is always a fun night and a way to "Think Spring!"

Our **March 7th** meeting will feature Maureen Bovet from Lexington and a wonderful presentation on the gardens of Paris. Her beautiful photos should be an inspiration to us all as Spring will be right around the corner by then. On **April 4th**, we will have Linda do a presentation on the herbicides in Preen and Roundup versus natural ways to fertilize your plants. This should be an informative and interesting meeting.

These three meetings will be held at the Evangelical Church on Kendall Rd at 7:00 pm on Tuesday nights. We are a low key club and you may come even if you do not know that much about gardening. Don't be afraid and come out and learn something new! Hope to see you there! Debbie Schneider.

✿✿ Making Tyngsboro beautiful with flowers ✿✿

TYNGSBORO HIGH SCHOOL AND MIDDLE SCHOOL ATHLETIC OFFICE INFORMATION

WINTER SPORTS AWARD NIGHT for all athletes that play a High School Sport only, will take place on: **Thursday, March 16th at 7:00pm** in the High School Auditorium.

SPRING INFORMATION

FIRST DAY OF PRACTICE FOR ALL HS & MS ATHLETES: **Monday, March 20th** after school.

SIGN-UPS FOR SPRING SPORTS WILL TAKE PLACE THE WEEK OF: **Monday, February 13th to Friday, February 17th** during lunch period in the cafeteria's.

NEW THIS SEASON All Athletic Registration forms can be filled out on-line, excluding Physicals. All physicals must go through the nurse's office. Please take the following steps to complete these forms. **Step 1:** Log into the Parent Portal at the following address: <https://powerschool.tyngsboroughps.org>

Step 2: Click on athletic registration link on the left hand side to complete the registration process. Option to pay user-fee online is also available on this page. **If you need assistance** with your password, please call Sherry Corcoran in the athletic office at 978-649-4210 or email her at Sherry.Corcoran@tyngsboroughps.org.

NO ATHLETE IS ALLOWED TO PARTICIPATE IN PRACTICE UNLESS THEY HAVE AN UPDATED PHYSICAL AND HAVE COMPLETED THEIR ON-LINE REGISTRATION.

Please send all faxes to: **High School Nurse:** Debbie Donohoe, Fax: 978-649-6530 Debbie.Donohoe@tyngsboroughps.org **Middle School Nurses:** Michelle Riley and Karen Morrill, Fax: 978-649-8673 Michelle.Riley@tyngsboroughps.org & Karen.Morrill@tyngsboroughps.org

***For all Sports Schedules please go to: www.mwlma.org**

***If you would like to receive scheduling text alerts during your son/daughters sports season**

Please go to <http://www.tyngsboroughps.org/pages/Tyngsborough/Departments/Athletics> and **CLICK** on Schedule Alerts for Parents.

FRIENDS OF TYNGSBOROUGH THEATER (FOTT)

Upcoming Shows and Events:

Tyngsborough is hosting the **International Thespian Society's Festival this year on March 25, 2017**. Ms. Martin will need volunteers to help with this event. If you would like to help, please see the FOTT website for information on who to contact.

On the night of **April 14th, the FOTT will be hosting a Masquerade Ball at Old Town Hall**. Save the date! More details to be provided as we get closer to the event.

For more information, tickets or other news, please visit our website: fotttheater.org and please like our Facebook page!

SPECIAL NEEDS TRUSTS

By Edward H. Adamsky

Special Needs Trusts (often called Supplemental Needs Trusts, or just SNTs) are a great tool for helping plan for the needs of a person with a disability or other issues. There are several reasons why your family might want and need an SNT.

An SNT can preserve public benefits. Certain government benefits like SSI and Medicaid have strict financial eligibility rules. As little as a few thousand dollars will make a person ineligible for these, often vital, benefits. Medicaid is often the only possible provider of Long Term Supports and Services that allow an individual with a disability to live in the community and avoid institutionalization. An SNT can make assets available to satisfy needs or wants without having those assets be countable for benefits eligibility purposes.

An SNT can ensure that the assets are used in the way you wish. With an SNT you put in charge of the funds the person (or people, or entity) that you trust to wisely and properly use those funds. Things are not left up to chance and your instructions on how to use the funds are in writing and enforceable. It is often much better to use an SNT than to merely "trust" that someone else will "do the right thing" with money intended for the person with a disability.

SNTs can be funded in many ways and there are different types of SNTs that you can use. You can set up an SNT with your own funds for the chosen beneficiary and with this type of trust you can allow others to contribute to the assets, either during life, with a beneficiary designation, or a gift in a Will. The SNT can be used by older generations for purposes of estate-tax planning and Medicaid planning (sometimes).

Some SNTs are set up with funds of the beneficiary. These are often called "first-party" trust and sometimes they go by the designation "(d)(4)(A)" trusts which comes from the Social Security law section that allows the assets in such a trust to be "non-countable" for SSI eligibility purposes. This type of trust can be used to "shelter" assets won in a lawsuit or assets which inadvertently come into the hands of the person with a disability.

A recent change in the Federal Laws regarding SNTs now allows them to be set up by the person with a disability. The older rules only allowed the parents (and some others) to set up such a trust. This older rule was predicated on the old-fashioned concept that a person with a disability had no capacity to do things individually. We know that is not correct and those persons with a disability who do have the intellectual capacity can now set up their own SNTs, if necessary. This allows for greater flexibility and future planning for many people. *See your local Elder and Disability Law Attorney to learn more about Special Needs Trusts.*

TYNGSBOROUGH SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

Location: Tyngsborough Middle School Library

SEPAC Chair Amy--Jane Maciel ajmaciel@comcast.net

February 8, 2017 7:00pm--9:00pm: How to Make and Keep Friends: Understanding the Social Lives of Teens Speaker: Nadine Briggs, www.simplysocialkids.com This seminar for parents will explain why the teen/parent relationships can become strained and even volatile. Teen social relationships are complex and this workshop explores those complexities so parents are better equipped to help their teen through these challenging years. Parents will receive tips on how to remain connected to their teen and how to frame up the social difficulties that their teens will likely encounter. This seminar is based on the book, *How to Make and Keep Friends: Tips for Teens* co-authored by Nadine Briggs and Donna Shea and is scheduled to be published by *How to Make and Keep Friends, LLC* in early 2017.

March 8, 2017 7:00pm-8:00pm: Understanding Evaluations to Monitor Progress Speaker: NESCA, www.nesca-newton.com This workshop will help parents not only understand evaluations and the test results, but also how to use the results to monitor progress and in the IEP process.

***ALL workshops are open to the public and BOTH parents and professionals are always welcome! For schedule updates: <http://sepac.tyngsboroughps.org> <https://www.facebook.com/groups/465834040182584/> <http://groups.yahoo.com/group/TyngsboroughSpEdPAC/>**



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FROM TYNGSBOROUGH CHIEF OF POLICE

Richard D. Howe

Happy New Year everyone! I want to share some information with you concerning the intersection of Middlesex & Kendall Road which is at the entrance to the bridge. I know many people have concerns regarding the safety of the intersection, we share those same concerns, I have had several meetings with the Department of Transportation (DOT) in the past few years regarding safety and traffic flow concerns at the bridge and some changes have been made. Based on those meetings a change was made to the left turn signal at the Middlesex / Kendall Road intersection, the light previously turned solid green after it had gone through a left green signal, then yellow pattern. This led to confusion of some drivers who still thought they had the right away, vehicles would continue turning left onto the bridge and this led to motor vehicle accidents involving traffic that was headed Northbound. The D.O.T. then changed the signal pattern so the left turn signal changed to a blinking yellow. This change seems to have resulted in a slight decrease in accidents that we have investigated at this intersection, our database indicates that there were 48 in 2015 and 41 in 2016. However, this number of accidents is still unacceptable and remains a public safety issue for our community.

In January I met with the D.O.T., specifically about the ongoing traffic safety issues at the Middlesex Road & Kendall Road intersection. My viewpoint is that the left turn from Middlesex Road onto the bridge is unusually long, and the left turn light when green and yellow is rather short, allowing only a few cars to take this turn prior to it turning into a yellow blinking light, this allows for little time for vehicles to pass through the intersection, causing many drivers to attempt to rush through the light even when traffic has started to move Northbound. The fact is that the vast majority of these accidents are caused by operators who disregard the need to yield to oncoming traffic, are driving aggressively because they do not want to wait for the next green light. Regardless of the reasons these accidents are occurring, this presents a public safety issue for all who pass through this intersection.

I have recommended that the left turn lights at the bridge no longer turn to a blinking yellow. The left turn only on both sides of the intersection should have a green, then yellow then turn solid red, legally prohibiting vehicles from turning left at that point. Our officers are told repeatedly by operators who cause these accidents that they were confused at this intersection and thought they had the right of way. I realize that there are some things we cannot fix, such as operators who disregard the common rules of safe driving, but I believe the changes I have recommended would be a significant step in the right direction. I have also requested additional signage in the intersection to reinforce the light change. To offset the additional buildup of traffic that would result from having a red left turn signal, I requested that additional time is added to the green left turn light signal so more traffic can get through the light. Our department will also have a significant presence in this area to enforce these changes.

I have received a positive response from the DOT regarding my recommendations and expect these changes to be made soon, possibly by the time you are reading this article.

I want to thank the many residents who reached out to me directly on their concerns, I would encourage everyone to reach out directly to me regarding public safety issues or other town officials for issues that concern our community. I can assure you that there will be quick and effective action taken.

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Preschool & Kindergarten Registration Starting Soon Save the Dates!

2017-2018 School Year

Kindergarten Parent Information Night

Thursday, February 9th 6:00 pm - 7:00 pm

This night is for parents/guardians who have children entering kindergarten next school year. This informational session will provide program options and an overview of the kindergarten curriculum.

Preschool Open House

Saturday, February 11th 10:00 am - 11:00 am

A morning of fun classroom based activities with an opportunity for families to meet our staff and hear about our program.

Early Childhood Registration Day: (Registration Kick-Off!)

Saturday, March 4th 9:30 am - 11:30 am

Drop off your **completed** registration packet and register your child for preschool or kindergarten.

Kindergarten Screening

Wednesday, March 22 9:15 am - 2:00 pm

Appointments can be scheduled at the Early Childhood Registration Day or by contacting Erin Sousa erin.sousa@tyngsboroughps.org



Tyngsborough Elementary School

205 Westford Road
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WWW.EFTyng.org



Reminder to our Tyngsborough Public School Educators: Our ninth grant cycle began on January 15th. The application is now available on our website www.EFTyng.org and must be submitted to EFT by March 15th. We look forward to awarding grants that will enhance educational opportunities across our public school district which will directly benefit our students and their learning experience. All grants will be formally announced and celebrated at our Annual Awards Ceremonies in June. To see a description of the grants awarded the first eight years and read an overview of the grant program please visit www.EFTyng.org and click on *Grant Programs*.

Attention Tyngsborough Business Owners and Residents: If you are interested in fully funding a specific educational grant (the grant would then be named in honor of your business or family's name) and would like to review the grant applications, please contact President Karen Jackson at contact@eftyng.org. Your generous donation will be announced at the June Awards Ceremonies.

Thank you to all who joined us for our ninth annual dinner theater offering. Together with FOTT, we hosted three fun evenings of **The 25th Annual Putnam County Spelling Bee** on January 6-8. We hope you had as much fun as we did and we appreciate your support for our public schools and for Tyngsborough's tremendously successful high school theater program. Thank you to **Culinary Creations** for serving up a wonderful meal and to the new **Tyngsboro Liquor Store** for providing beer and wine for our event.

As always, the EFT welcomes **volunteers** who would like to help us achieve our mission and support our fundraising efforts. For more information, please contact our President, Karen Jackson at contact@eftyng.org. The Education Foundation for Tyngsborough is a non-profit organization striving to enhance educational opportunities across Tyngsborough's Public School District by raising funds and promoting awareness of issues related to public education. Like us on **Facebook!**



Neighbor to Neighbor

Published by Anne M. Paquin

Since 1983

64 Hardy St., Dunstable, MA 01827

(978) 419-1914

E-mail: anne@neighbortoneighbornewsletter.com

If your organization or non profit group has a special event coming up in **March** please send the info in by **February 10th**. Articles are placed on a first come, first served basis. Call or email me if you have further questions about submitting news. News can be sent in a word file or in the body of an email.

If you have a local business, or your organization would like to have a display ad not just a paragraph, email me and I will forward the rate sheet to you.

Total circulation each month for Dunstable and Tyngsborough is 6,240 issues.

Issues are now available online at
www.neighbortoneighbornewsletter.com

**The next deadline is February 10th
for the March issue.**

Let Neighbor to Neighbor help spread the word!

*I look forward to hearing from you,
Anne*

TYNGSBOROUGH SCHOLARSHIP TRUST

P.O. Box 547, Tyngsborough, MA 01879



www.TyngsboroughScholarshipTrust.org

1963 * Celebrating 54 Years * 2017

Attention Class of 2017: The TST Scholarship application will be available on our website in mid-February. The application is also available at the THS Guidance office. All applications are due mid-March; late applications cannot be accepted. High school seniors who live in Tyngsborough are encouraged to apply. Please see our website for more information.

All profits from the 2016-2017 fundraising events will benefit scholarships for the Class of 2017.

A reminder to the 2016 scholarship recipients, please be sure to submit proof of school enrollment to the TST at P.O. Box 547, Tyngsborough MA 01879 so you can receive your first or second payment. Please contact Ellen O'Neill, Treasurer, at 978-649-9195 with any questions regarding payment.

The TST meets on the second Wednesday of the month at the Tyngsborough Town Hall at 7 p.m. For 53 years volunteers from the community have been coordinating fundraising and awarding scholarships to high school students from Tyngsborough. We welcome and need your help to continue this town tradition. Please join us at our monthly meetings the second Wednesday of the month at the Tyngsborough Town Hall. Please contact info@TyngsboroughScholarshipTrust.org with any questions.

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SPRING'17 SOCCER REGISTRATION IS NOW OPEN FOR ALL AGE GROUPS

For Spring 2017, U10 and above players will purchase their uniform through TYSA. The uniform (kit) consists of a shirt, shorts, and socks. The cost for the kit is \$30. The kit can be used for multiple seasons, you own it. You will select the size and pay for your kit during the normal registration process. For questions about the new kits please contact Etto deMari at edemari@comcast.net

Important Notice: Starting in the fall of 2016 Mass Youth soccer has instituted a change in the age grouping for all affiliated soccer clubs. For the 2016/2017 seasons we will be using Grade and "Born After" date to assign players to teams. These groupings are very close to what we have always done, and are just labeled a little differently. As with any change, we expect some children will be put in a group they were not expecting. TYSA will address these on a case by case basis and try to do what is best for each child. For more information on these changes please see MYSA web-site or <https://usysassets.aeadmin.com/assets/968/15/Mass%20Youth%20Soccer%20Press%20Release%20USSF%20Soccer%20Mandates.pdf>

Discounts U6 and U8 players who register before 3/1/17 will receive a \$15 early bird discount.

Age Requirements and Cost

U6 open to players in grades Pre-K/K and born after 01/01/2010 - cost: \$60

U8 open to players in grades 1/2 and born after 01/01/2008 - cost: \$75

U10 open to players in grades 3/4 and born after 01/01/2006 - cost: \$110

U12 open to players in grades 5/6 and born after 01/01/2004 - cost: \$110

U14 open to players in grades 7/8 and born after 0/01/2002 - cost \$110

HS open to players in grades 9/13 and born after 0/01/1997 - cost \$110

HS teams may be U19/U18/U16 depending on number of registrants, ages of those players, and the make up of the league itself.

TYNGSBOROUGH PUBLIC SCHOOLS

You can find Tyngsborough Public school news at www.tyngsboroughps.org

District Offices, 50 Norris Road, (978) 649-7488
Middle School, 50 Norris Rd. (978) 649-3115
High School, 36 Norris Rd. (978) 649-7571
Elementary School, 205 Westford Rd. (978) 649-1990

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OFFICES OPEN

Monday, Tuesday, Wednesday & Thursday 8:30 a.m. to 4 p.m.

Friday 8:30 a.m. to 12:30 p.m.

Meeting schedules are posted at the front entrance of the Town Hall

Town Hall Directory Main Number 978-649-2300

Town Accountant	Ext. 124	Media Dept.	Ext. 140
Assessor's Office	Ext. 121	Planning Board	Ext. 115
Board of Appeals	Ext. 112	Town Treasurer	Ext. 126
Board of Health	Ext. 118	Veteran's Agent	Ext. 131
Building Office	Ext. 112	Sewer Dept.	Ext. 134
Town Clerk	Ext. 129	Board of Selectmen	Ext. 100
Town Collector	Ext. 128	Town Administrator	Ext. 100
Conservation Office	Ext. 116	Recreation & Parks	Ext. 150
Capital Asset Mgmt Com	Ext. 124		

THE TYNGSBOROUGH PUBLIC LIBRARY

25 Bryant Lane, Tyngsborough 978-649-7361 www.tynglib.org

Library Hours: Monday & Wednesday, 10:30 a.m. – 8 p.m.

Tuesday & Thursday, 9 a.m. – 5 p.m.

Saturday, 9 a.m. – 2 p.m.

CLOSED Monday, February 20, in observance of Presidents' Day.

• **Adult Coloring Club, first Wednesday of each month, September-May, 6:30-8 p.m.** Coloring sheets, colored pencils and refreshments will be provided.

• **Tech Advice by Appointment** Individual lesson or consultation on computer basics, android tablets & phones, Excel, MS Word, PowerPoint, OverDrive digital downloads for Nook, Kindle or android devices. **Tuesdays, 11:30-1:30** and **Wednesday evenings, 7-8 p.m.** Registration required.

• **Makerspace: CNC Carving Using 3D Software...and More!** Calling all tinkerers, makers and engineers on **Wednesday, February 22, 1-5:00 p.m.** Learn how to scan and print your hand or other 3D objects. Other cool technologies will include a 3Doodler! Session One: 1-3 p.m.—Ages 7-12 with parent; Session Two: 3-5 p.m. —Ages 13+ and adults. Registration required for sessions 1 & 2. Just curious? Drop in and check out what's happening. *This program is funded in part by a grant from the Tyngsborough Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.*



• **Special Exhibit: The Bay State: A Multicultural Landscape Photographs of New Americans** Portraits by nationally known photographer Mark Chester offer a display of over 450 naturalized U.S. citizens who hail from 189 countries and are now residents of the Commonwealth. **February 2-March 16.**

• **Research Beyond Google, Wednesday, February 15, 7-8 p.m.** Need to research something for a project? A trip? Homework? Come learn about how to get great information from the library's e-resources and databases. Registration required.

• **Pokemon Club, Wednesday, February 15. Two Sessions: Teens ages 13+, 3-4:00 p.m. Ages 9-12, 4-5:00 p.m.** Bring your own cards or handheld device. Enter a raffle. Drop in.

• **Invention Adventure, Saturday, February 4, 10-11:30 a.m. Ages 9-16.** The Baroness is on the loose and it's your job to catch her! Do you have what it takes to track her down? You'll get to invent stuff, build things and solve puzzles! Registration required.

• **Video Game Creation, Saturday, February 11, 11 a.m. – 12:30 p.m. Grades 6-12.** Use Scratch software to create your own video game! Also learn how early video games were made and new skills to develop your own games. Registration required.

• **Kudo Game Lab, Tuesday, February 21, 10 a.m. – 12 p.m. Ages 10-17.** Design and create your own 3D video game. If you like playing Minecraft, you'll love Kodu Game Lab! Plus bonus Minecraft play. Registration required. *(Pizza will be provided for those who attend both the Kudo Game Lab from 10-12 and the Art Class!)*

• **Art for Teens, Tuesday, February 21, 2-4:00 p.m. Grades 6-12.** Chalk and acrylic on black canvas painting. Registration required.

• **Harry Potter Adventure, Thursday, February 22, 2-3 p.m. Ages 7-12.** Join us for vacation fun with a Harry Potter Sword Adventure. Get ready to battle with some of your favorite characters! Waiver also required (Online or at event). Registration required.

• **Open Minds: Yoga and Literacy Class for 3-5 year olds on Tuesdays, February 7 – March 21, 10-10:45 a.m.** Required to sign up for all six sessions. Registration required.

• **Tiny Tots Storytime, February 1 and 15, 11-11:30 a.m. Infants to three year olds.** Drop in. • **Spanish Stories! Wednesday, February 8, 4:30-5:00 pm. Ages 4-10.** THS Spanish Honor Society students will read stories in both Spanish and English. Learn some Spanish words, activities and more. Drop in! • **Lego Club: Saturday, February 18, 10 a.m.-12:00 p.m. Grades K-5.** Drop in **Dads & Donuts Playgroup: Saturday, February 25, 10-11:00 a.m. Infants & toddlers.** Drop in. **Storytimes for 3-5 year olds. Thursdays at 1:00 p.m.** Drop in.

• **Rep. Colleen Garry (or a representative) Office Hour – September-May, third Saturday of each month from 9-10 a.m.**

• **The Friends of the Library** meet on the first Monday of every month at 7 p.m., September-June.

• **The Board of Library Trustees** meets on the third Thursday of each month at 6:45 in the Library.

• **Writer's Group - Mondays at 6:30 p.m.** Feedback and publishing tips; all genres. Contact Karen Johnson at 978-649-7132 or kjohnson39@comcast.net

Artists & collectors, contact the Library to discuss scheduling an exhibit in the gallery or display case.

• **Register for TPL programs by calling the Library or using the contact form on the website.**



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The deadline is February 10th for the March issue of Neighbor to Neighbor.

Have events coming up in? Send an email to me at anne@NeighborToNeighborNewsletter.com or by mail to *Neighbor to Neighbor*, 64 Hardy St., Dunstable, MA 01827. News is placed on first come, first served basis, as space allows.

Need details about advertising your business? You may reach me at **978-419-1914** or email me at the above address.

I look forward to hearing from you, Anne

Neighbor to Neighbor

Published by Anne Paquin Since 1983

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TYNGSBOROUGH HIGH SCHOOL

Tyngsborough High School is proud to announce **Emma Burgess, Jaelynn Moore, Troy Thirkell, and Meghan Veenstra** as the January students of the month.

Emma, daughter of Mark and Tricia Burgess, is a member of the National Honor Society and a recipient of the Academic Excellence Award. She is also a member of the Spanish National Honor Society, the Outdoor Club, and the SAGA Club. Emma is a member of the golf team, and she volunteers her time at both the Spanish Camp and the STEM Camp at Tyngsborough Elementary School. She has also worked as a medical volunteer in Bolivia. Emma enjoys reading, golfing, sleeping, watching Netflix, coloring, doing puzzles, travelling, listening to 60's music, and shopping for vintage. Her favorite subjects are Biology, Anatomy and history. Emma looks forward to becoming an orthodontist, travelling, and having a family. "THS is where I became interested in science and it has introduced me to a lot of the classic books that I love."

Jaelynn, daughter of Kenneth and Lisa Moore, is a member of both the National Honor Society and the Spanish National Honor Society. She is the recipient of the Academic Excellence Award and the Commitment to Learning Award. Jaelynn has been doing gymnastics since the 6th grade and is currently a platinum level gymnast. She is a member of the school gymnastics team, and was a member of the cheerleading team in 9th grade. She is also a member of the PALS Program. Jaelynn volunteers her time with the KIDS Program as a gymnastics coach, at the Seaside Science Center as a Touch Tank Educator, and at many other local events including: book fairs, soup kitchens, and sports games. She enjoys both coaching and doing gymnastics, and her favorite subjects are Biology and math. Jaelynn looks forward to taking more advanced math and Biology courses in college, and to earning a degree in Marine Biology. Looking back at her time at THS, Jaelynn said she has gained "An education that has put me in a position to have a bright future and experiences that have prepared me for life after high school. I will remember a positive and friendly environment and caring teachers."

Troy, son of Sandra and Tim Thirkell, is a member of the National Honor Society (he gave a speech on leadership during the induction ceremony), and is a recipient of the Principal's Award and the Outstanding Achievement in English Award. Troy is a member of both the baseball and hockey teams at THS, and he was named a captain of both teams during his senior year. Additionally, Troy plays fall hockey with the SNH Cavaliers and New England Stars, and also plays summer baseball with the Junior Spinners and Legion baseball. He volunteers his time at St. John the Evangelist Vacation Bible Camp during the summers. He also volunteers at the Lowell Youth Hockey "Learn To Play" program. Troy enjoys fishing and working out at the gym, and his favorite subjects are math and science. He looks forward to attending college, becoming a civil engineer, and becoming his best self. "I have learned time management with a challenging academic schedule, sports, and work, while still finding time to hang out with friends. I will take fond memories of school events and high school athletic competition."

Meghan, daughter of Christopher and Denise Veenstra, is a member of the National Honor Society and a recipient of the Computer Science Award and the Academic Excellence Award. She is a member of the Spanish National Honor Society, the Equality Club, and the Outdoors Club. Meghan is a member of the Tyngsborough Groton-Dunstable Swim and Dive team and has been both the high point scorer and team MVP in each of the last three years. Meghan has volunteered her time by holding an open mic night last February which raised over 700 dollars for Alzheimer's research. She enjoys reading, writing, and going to school events, and her favorite subjects are English and Microeconomics. Meghan looks forward to going to college, majoring in Business, finding a career that suits her, and being happy. "THS has given me the opportunity to meet lifelong friends and prepare for college next fall. The school has allowed me to take influential classes like Service Learning and Writing-Research, and encouraged me to push past my comfort zone to achieve. I've become more outspoken with each year, and more motivated for my future career. I will always hold close to my heart the friends and influential adults I have met here."



TYNGSBOROUGH RECREATION

Call 978-649-2300 Ext. 150

The Recreation Committee meets at the Recreation Center 120 Westford Road the **first Monday of the month at 7pm**. Additional information may be found on our website at TyngsboroughRec.com Friend us on Facebook. **Currently three open seats. Join us!**

• **NEW INTRODUCTION TO VIOLIN/FIDDLE** - Open to all towns Students will learn the fundamentals of playing the violin/fiddle to include: Violin/fiddle orientation, basic music theory, bowing techniques and finger position. Violin rentals available through Violin Instructor and Bridges and Bows of Westford (\$35/6week program). **THURSDAY CLASS** Ages: 4th grade through Adult, Location: Tyngsborough Recreation Center 120 Westford Road, Time: 3:30-4:30pm, Begins: Thursday 2/2 - 3/16 (no class 2/23), Instructor: Lauren Mann Chaney, Fee: \$100 (includes \$10 in materials) *Contact Theresa for more info. Terrilawrence@me.com*

• **BEEKEEPING COURSE** Tyngsborough Recreation Center, 120 Westford Road, 5 Sundays, 5 - 7pm. Starting February 12th. Cost: \$110 - includes text. • **BEEKEEPING BASICS** This course is designed for individuals interested in starting this fascinating hobby, as well as for seasoned beekeepers looking for more information. We will learn the latest techniques of beekeeping and how to keep honeybees which are essential to our environment. Honeybees are the most fascinating and important insect on our planet. When weather cooperates, a healthy hive of honeybees, in Middlesex County can produce 100 lbs of excess honey. Instructors: Rick Reault, owner of New England Beekeeping Supplies and President of the Middlesex County Beekeeper's Association.

• **MEN'S PICK-UP BASKETBALL** Held Wednesday Nights 8-10pm at the High school. \$10/night or \$80/half year (begins 1/4) Contact Joe Holden62@yahoo.com

• **SOFTBALL CLINIC STARTED JAN 29TH AND RUNS THROUGH MARCH 26TH**. Location: New Tyngsboro Sports Center, 1:30pm - 3:30pm Ages 5-14, Cost \$60 per child \$100 Family price **TRY IT FREE FIRST 2 WEEKS** Tyngsborough Recreation Department **girls' softball leagues** are for girls who will be five years old and no older than 14 years old on or before December 31, 2016. Girls will be divided into leagues according to the age they will be on December 31, 2016.

Playing Season Leagues U-6 (5-6 yr olds) Saturday program U-8 (7-8 yr olds) U-10 (9-10 yr olds) U-12 (11-12 yr olds) U-14 (13-14 yr olds) **Spring 2017 season registration** will be accepted at Tyngsborough Town Hall and online **until mid March**. Every girl registered by this time will be guaranteed placement on a team. Those registering after will be assigned to a team if there is space available. There is no guarantee of placement on a team for those registering after teams have been made. **Season Only:** T-Ball (ages 5-6): \$75 All other ages: \$100 Season Family cap: \$150 Website and Social Media connections: www.TyngsboroSoftball.org "Tyngsboro Softball" on Facebook

• **NEW FITNESS CLASS - Pound** Sweat, Sculpt, Rock, with Pound -Rockout, Workout. It's a high-intensity, full-body, 45-minute workout that combines interval training, squats, lunges, plyometrics, and pilates with drumming — lots of drumming — with sticks that are heavier than average drumsticks. Come join the class! **8 Tuesdays- Jan. 17- March 7.** \$65 6:30-7:15PM Yoga mat required.

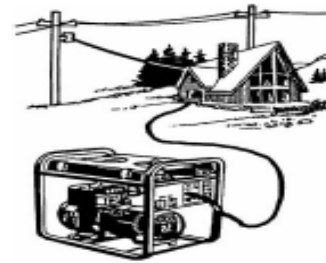
• **SHAMROCK BAL** Daughters of all ages and their Dads (or Grandfather, Uncle, etc.) A Father-Daughter Dance with DJ, light refreshments, and a corsage for each girl. A photographer will be on site, offering packages to capture your special evening. **Saturday, March 11, 2017, 7-9 pm**, Tyngsborough Elementary School, \$40 per couple, \$5 for each additional child ~ Advanced registration required ~

• **SHAMROCK PRINCESS** The Grad Night Committee in conjunction with the Recreation Committee, will again offer the title of "Shamrock Princess". Included in the title will be a princess tiara and sash, a photo package, special father-daughter dance and special gift. To enter the raffle on the package please visit the ticket website and select it as an option. Drawn Thursday, March 9, 2017 All proceeds benefit The Class of 2016 Grad Night activities.

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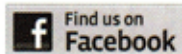
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• **WELLNESS CLINIC COA, 169 Westford Rd 978-649-9211** Nancy Harding, RN, from the **Circle Home, Inc.** **1st Tues each month.**

• **WELLNESS CLINIC at ELDERLY HOUSING** Nancy Harding, RN, from the **Circle Home, Inc.** **Red Pines Elderly Housing**, the third Tuesday of each month from **8:30 - 9:30.** **Brinley Terrace Elderly Housing**, the fourth Tuesday of each month **8:30-10:00.**

THE STITCHERS The Stitching Group meets on **Mondays at 1PM** in the Activity room. This season's projects for the homeless are afghans. Join us. We will supply your materials for these projects. Learn how to stitch for a cause. **We need this project fulfilled by February 9th**

• **VETERANS' COFFEE HOUR!! Thursday, February 9th, 9:30-10:30** (Run by Chris Dery - Town Veteran's Agent) This is an informal group that meets once a month to reminisce about time served and discuss benefits that are available to veterans.

• **VETERANS' ENTITLEMENTS Thursday, February 9th, 9:30-10:30** Tyngsborough Council on Aging is now providing Veterans' assistance on the 3rd Thursday of every month. Joseph J. Stavolta will give assistance and answer questions.

• **VALENTINE'S DAY CELEBRATION Monday, February 13th, 11:30** Get together here with couples and friends at the TCOA for a "FREE" Valentine meal, *sponsored by the Tyngsborough Police Union.* Entertainment: John O -Sings, sponsored by (Friends) **LAST DAY FOR SIGN UP IS WEDNESDAY, FEBRUARY 8th** Must have a ticket to attend.

• **DAY OF BEAUTY...Wednesday, February 15th, 10:30-12:30** We will be going to Nashoba Valley Technical High. If you would like the cosmetology price listing feel free to come in and pick one up. Bus available to and from, call 978-649-9211

• **SHINE** Serving Health Insurance Needs of Everyone. **Wednesday February 15th, 8:30-12:30.** Our Counselor Lillian Colby office hours every third Wed. of the month. Call 978-649-9211 to schedule an appointment. Bring insurance cards, list of your prescriptions.

• **CENTER CLOSED Monday, February 20th Presidents' Day**

• **FOOTCARE CLINIC** 169 Westford Rd 978-649-9211 Next appointment, **Tuesday, February 21st, 10:00-12:00, \$30.00**

• **FREE TAX ASSISTANCE Mondays ONLY, starting February TBD,** Harry Gong, an AARP volunteer tax preparer will be available to assist you with your taxes on Mondays starting February TBD, through April 10th 2017. Call the Senior Center for an appointment. 978-649-9211.

• **MARDI GRAS CELEBRATION Monday, February 27th, 12:00** Come celebrate Mardi Gras at the COA. Bring your own mask, and we'll supply beads for all to wear. If you want lunch don't forget to sign up at the kitchen. We'll serve complimentary Mardi Gras King Cake for dessert.

• **CUPCAKES/COMEDY Wednesday, February 22th, 12:00** Join us for a sweet afternoon of free cupcake desserts, followed by David Shikes' comedy and jokes. Sign up now! **LAST DAY FOR SIGN UP IS WEDNESDAY FEBRUARY 17th** If you would like Lunch please let the kitchen know

• **HOME DELIVERED MEALS** Tyngsborough Residents call Elder Service of the Merrimack Valley 1-800-892-0890 to see if they qualify. The Tyngsborough Council on Aging is distributing meals. Doing homebound and short-term care for the elderly. If you are 60 and older you may qualify to have a meal delivered to your home for a small donation of \$2.00.

• **DONATIONS NEEDED:** Hot Coffee Cups - 8 oz., Coffee, Paper Plates, Lg or Sm. Medium Paper Bowls. Clear Wrapping paper to wrap baskets. 3" tall.

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BILLERICA, Mass. – Are you interested in a career with one of the nation's oldest law enforcement agencies?

The Middlesex Sheriff's Office – this year celebrating its 325th anniversary – is now accepting registrations for the upcoming Correction Officer exam. Registration is open until 1 p.m. on Monday, February 13, 2017 and there is no charge for the exam. "This is an exciting time for the Middlesex Sheriff's Office and we are seeking qualified, motivated men and women interested in careers in corrections for our 41st Basic Training Academy," said Sheriff Peter J. Koutoujian. Applicants must be 19 years of age, a U.S. citizen and a resident of Massachusetts by the date of the exam. You must also have a high school degree or equivalent certificate and possess a valid motor vehicle license. A Bachelor's degree and/or prior experience in law enforcement or security is preferred.

The exam will be administered on Saturday, February 18, 2017 at UMass Lowell. To read a full list of qualifications and register for the exam please visit: www.middlesexsheriff.org.



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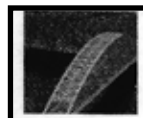
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11:15 a.m. - Fellowship and Refreshments

• **Sunday Evenings:** All Church Bible Study 6:30-8pm "How to recognize god's voice (and respond in obedience)" This began 1/15/17 and will continue 12 weeks. Study books are available for \$10. **Open to the community.**

• **Tuesday** 9:30 - 11:30 am -Women's. Bible Study. (Old Testament Women) All women invited

• **Tuesday Evenings:** Boards and Committee meetings

• **Thursday and Saturday** - Thrift Shop Open from 10am-3pm

• **Friday:** Youth Group meets. Call Joy at 978-649-6142) High School and Joan at 978-649-2590) for Middle School.

• **THE 150th Anniversary Committee** of the church is meeting regularly now to plan events for the historic celebration in 2018.

• **Feb 12, 2017. Women's Winter Event. 12 noon until 2:30pm**

• **Ladies Day Apart In Derry, NH, april 1, 2017**

• **THE THRIFT SHOP** Located next to the Church, it is open to the public on **Thursdays and Saturdays from 10:00 a.m.- 3:00 p.m.** We offer an assortment of clothing and shoes, handbags, baby items, books, small appliances, dishes, glassware, decorative items, and craft items, ETC. We welcome your patronage and donations. **Please do not drop off large furniture, TV's, Computers or Bikes.** Thanks so much for understanding, we haven't means by which to dispose of them without incurring costs.

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Active duty military and veterans always welcome to join. For further information call **978-649-7540**. Remember to attend the committee meetings on the first Thursday with your input and ideas.

The public is invited to get involved in all events of the post. The veterans monthly dinners will continue on the first Wednesday of the month. We are always looking for help to serve the veterans. **Keno and Scratch Tickets are available at the Post.** There is an ATM in the Post for your convenience.

OFFICERS: Commander: Theodore Thing; 1st Vice: Martin Hanley; 2nd Vice: John McDermott; Adjutant: James Blake; Judge Advocate: Roland Milliard; Chaplain: Nelson Blake; Finance: David Coles; E-Board: Robert Desrosiers; Robin Dion

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This website contains a wealth of information about the Post.

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ALTRUSA CLUB OF MERRIMACK VALLEY

ALTRUSA wishes to thank Barnes & Noble (B&N) of Nashua and its Community Relations Department for giving us the opportunity to participate in the 2016 Christmas Gift Wrap, an annual event which provides a valuable fund-raising resource for non-profit charities to continue their community outreach. The welcome hospitality at B&N, along with the generosity of their patrons, always makes this a special and enjoyable holiday fundraiser. The money raised by this effort is earmarked for the annual scholarship awarded to a student enrolled in the Nursing Program at Middlesex Community College.

Altrusa made its annual donation of 21 hard cover books of classic stories and tales to the Nashua Telegraph Santa Fund. In addition, Altrusans filled cosmetic bags with personal hygiene items for the women and mothers at Bridges (domestic violence) in Nashua. Dental hygiene kits were also supplied for the children serviced by Bridges.

ALTRUSA is a non-profit community service organization dedicated to improving the lives of those in need in our community. With the start of a new year, Altrusa is recruiting new members to help with our projects. To learn more about Altrusa visit at www.altrusa.org or email altrusamv@gmail.com.

DUNSTABLE TYNGSBOUGH LIONS CLUB



"We Serve" The Lions Club is a non-profit organization of men and women dedicated to helping the community through donations raised by volunteers.

• Officers for the 2015-2016 Lions Year

President: Gerry Roth, Secretary/Treasurer: Bob Reich, Membership Chairman: Ed Majewski, 1st Vice President: Mike Roth, Tail Twister/Lion Tamer: Mark Alexander

• Anyone who would like to join the Lions is asked to call Ed Majewski at 978-649-6204 or Mark Alexander at 978-649-9124. Our Regular Meetings are held at Angelas on the first Tuesday of the month starting at 6:30 pm.

YOU CAN HELP BY DONATING THE FOLLOWING:

• **USED EYEGLASSES** are collected for refurbishment and distribution to less advantaged people around the world. *We thank all who have donated glasses.*

• **CAN TABS (in sealed bags)** are also collected for kidney dialysis time through the Shriners Hospital.

Lion's collection boxes for eyeglasses and tabs (in sealed bags) are located at the Tyngsborough Post Office, American Legion Post 247 at 90 Pawtucket Blvd., Tyngsborough Council on Aging Center, 169 Westford Rd., Tyngsborough and Dunstable Town Hall, Post Office and Library.

BOSTON MARATHON FUNDRAISER

to benefit the American Red Cross

Join us for a fun evening of music, dancing and drinks!

All are welcome! Silent Auction, Raffles, 50/50 Raffle

This will be held on February 25th, 2017 at the

Tyngsboro Sportsmen's Club, 90 Westford Rd.

Tyngsboro. From 7-11pm. \$20 entry tickets

Contact Kerry if you would like to enter the 50/50 raffle. (\$100 ticket)

kerrollins@gmail.com



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DUNSTABLE EVANGELICAL CONGREGATIONAL CHURCH

518 Main St, Dunstable, MA 01827

Dunstablechurch.org 978-649-6251

Pastor Bobby Ross pastorbobby@dunstablechurch.org

DECC is a welcoming church at the heart of the Dunstable community. "We gather to glorify God, to grow in Christ and to live the gospel in the world."

SUNDAY WORSHIP: Worship Service is held at 10:00 am each Sunday. Child care is available during the service for infants through kindergarten age. Our worship services feature a wide variety of music, scripture readings, corporate prayer and spoken messages and with Communion (the Lord's Supper) served on the first Sunday of every month. An informal time of fellowship with coffee, tea and refreshments takes place after worship to which all are welcome.

SUNDAY SCHOOL CLASSES for children in Ages 4-12. Children will attend the regular service with parents for the first 15 minutes of worship before leaving to attend Sunday School class for the remainder of the hour. Older children and teenagers remain with their parents for the entire worship service.

PASTOR BOBBY ROSS has established office hours if you would like to make an appointment to visit with him. Call the office at 978-649-6251 or email administrator@dunstablechurch.org, or pastor-bobby@dunstablechurch.org to schedule a time that is convenient for you. He will be most available on Mon, 1-4pm, Tue 9-12 Noon, and Wed 1-4pm, but special arrangements can be made if needed.

DECC YOUTH GROUP: Lots of action coming up! **Sledding** with bonfire and hot chocolate at Larter Field on Feb 5th 4-6 pm!

Regular meeting Feb 12th with discussion, games & snacks 4-6pm. **Bowling night** on Feb 19th, (details to follow).

On the weekend of March 3-5, members are invited to attend the Monadnock Camp Winter Retreat. The event is \$140 per person (aid is available if needed). The group will leave Fri 6PM, return Sun 2PM. There are a few places left, so please let Jon know if you are interested as soon as possible. Located in NH, Encounter Winter Camps are NH's premiere Christian Winter Camp experience for youth groups from all over New England, NY NJ and beyond. You get to spend a life changing weekend away with your group in the heart of New England. We will explore the world of labels, identity and confusion. In addition, we will have plenty of free time to enjoy camp events including indoor mini golf, paintball, snow tubing, indoor heated pool, game room, group games, etc.! **Anyone in grades 6-12 welcome. Usually meet 4-6pm on Sundays. Come check it out! Questions? Call Jon Hughes (978-649-8554).**

CHOIR REHEARSALS Until further notice, rehearsals will be on the last two Tuesdays of the month. The choir will participate in the morning service on the first Sunday of the month. **We continue our search for a new Pianist/Accompanist for the church.** It is a part-time position to play for church services on the first, third and fifth Sunday, to rehearse with the choir weekly. Anticipated time commitment is 3 to 6 hrs per week. Ability to play organ and keyboard is desirable but not required. Potential exists for participation in the church's praise band on the 2nd and 4th Sundays and rehearses weekly. Potential also exists for expansion to a larger role as Director of Music for the church. Qualified candidates are welcome, call the church for more information at 978-649-6251 or send a questions or resume to administrator@dunstablechurch.org. **MOPS (Mothers of Preschoolers) at Dunstable Church. Next meetings are Feb 3 & 17, Mar 10th & 24th, Apr 14th & 28th, May 12th & 26th.** It's a well-established, popular program that will be a blessing to our community. Moms and preschoolers had a wonderful social and sharing time together. Additional child caretakers are needed. MOPS will be meeting 9-11 am on Fridays, twice a month. If you're interested or know someone, please contact Shelly Ross at shellyannross@gmail.com.

For more information about any of these events, contact the church office 978-649-6251 or email info@dunstablechurch.org.

PET HEALTH DUNSTABLE ANIMAL CLINIC

Cerenia
by Tara M. Sacramone, DVM



Cerenia (maropitant citrate) is a relatively new medicine used to prevent/treat vomiting in dogs and cats. It can be given as a shot or as an oral medication. It works in the vomiting center in the brain and it works very well, almost too well in certain situations.

One of its most common uses is to prevent car sickness in dogs. It is also commonly given to pets receiving medications (such as chemotherapy) known to cause vomiting as a side effect. Another common use is with animals with diseases such as kidney failure, pancreatitis, liver disease or even puppies with parvo virus.

The main problem with Cerenia is that it works too well. It stops vomiting period. The problem arises when a vomiting animal is given Cerenia and the cause of the vomiting is unknown, which is very often the case. If the cause turns out to be a foreign object or a tumor blocking the gastrointestinal tract Cerenia will stop the vomiting, and the owners might assume their pet is better, but the problem persists and can even get worse. Because the intestines are moving all the time they will continue to move and put pressure on the blockage which can eventually make a hole in the GI tract, which is a life-threatening emergency situation.

When used properly Cerenia is a wonderful medication that improves the lives of pets and their owners. By far it is the most effective option to prevent car sickness in dogs, very rarely does it not work. Cerenia is well tolerated and has little potential side effects. However, because it is such an effective medication, it needs to be used cautiously in animals where the cause for vomiting is unknown.

ST MARY MAGDALEN PARISH

95 Lakeview Ave., Tyngsboro, MA 978-649-7315

Weekend Mass Schedule: Saturday 4PM. Sunday 7:30AM, 10AM

Greetings from our Pastor, Fr. Richard Clancy
COME JOIN US, ALL ARE WELCOME!

Weekday Mass: Monday, Thursday & Friday at 9AM.

No Mass on Tuesday and Wednesday

• **Reconciliation** every Saturday from 3 to 3:40PM or by appointment.

• **View our bulletin** on line at www.stmarymagdalenparish.com.

Join us on **Facebook!** Search "Saint Mary Magdalen Parish Tyngsboro" and like our page to see daily meditations and events.

• **FIRST FRIDAY ADORATIONS** are held on the first Fridays of the month at the Church and will consist of Holy Hour with closing Benediction from **9:30AM – 12pm**.

• **The St. Vincent De Paul Society** operates a monthly food pantry out of the rectory in addition to providing holiday meals to those in need. We can be reached at 978-844-2365.

• **Prayer Line** – *Do you know of someone needing prayers?* Call Helen (978) 649-7927 or Carol (978) 649-6717. (Submit only first name of one to be prayed for)

• **MEN OF ST. JOSEPH** - The Men of St. Joseph in the Greater Lowell area meet on the Second Saturday of every month. Each monthly meeting includes prayer, food, and faith-building fellowship. **All meetings will begin at 7:00am and end no later than 9:00am.**

Newcomers, father/son (Confirmation age) teams, and friends from other parishes are always welcome! To find out more, please come and check us out! Held at St. Rita's Church, Mammoth Rd, Lowell

• **CRAFT & CRIBBAGE NIGHT** Every 2nd & 4th Tuesday of the month from **6-8:00pm** at the Parish Center

NEW ENGLAND VOICES IN HARMONY

The Nashua based women's a cappella chorus, New England Voices in Harmony, invites ambitious female singers to attend *rehearsals every Tuesday evening beginning at 6:30 pm* at our rehearsal space: the Nashua Senior Center, second floor, 70 Temple St., Nashua. New England Voices in Harmony is a chapter of Harmony, Inc. an international non-profit, educational group which promotes singing in the barbershop style. Rita Ralston at rralston10@aol.com for more information. www.newenglandvoicesinharmony.org

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The God of My Father Has Been with Me

By Nathan Combs

The book of Genesis was originally written to the first generation of Israelites who came out of their Egyptian slavery. God taught them about their special identity by reminding them of their forefathers. In the accounts of Abraham, Isaac, and Jacob, a major lesson that's constantly emphasized is that God is the origin of blessings.

First, we see a repeated pattern of divine protection. When Abraham traveled to the city of Gerar and his wife Sarah was taken into the harem of the local king, God appeared to the man who took her and said "You are a dead man because of the woman whom you have taken..." (Gen. 20.3). After Isaac attempted to dig wells of water for his household and was stopped repeatedly by the Philistines, God appeared to him and declared, "Fear not, for I am with you..." Afterwards, Isaac was able to find water without further conflict and resolved his disputes with the Philistines (Gen. 26.23-33). When Jacob obeyed God's instructions to travel to the city of Bethel after his sons mercilessly slaughtered and plundered an entire Canaanite city, "a terror from God" fell upon the surrounding cities and Jacob's family traveled the land without pursuit (Gen. 35.5).

Secondly, we also observe that the material wealth they accumulated was due to God. After we're told that Isaac sowed crops in the land of the Philistines, the text says that "The Lord blessed him, and the man became rich..." (Gen. 26.13). In a conversation Jacob has with his two wives, Leah and Rachel, he plainly acknowledged that "The God of my father has been with me," (Gen. 31.5). Because of the Lord's presence in his life, he obtained large herds of livestock despite his father-in-law's best attempts to rob him of his proper wages.

Third, the patriarchs repeatedly learned the lesson that children are a gift from the Lord. Abraham's wife, Sarah, was unable to have a child until the age of 90 (Gen. 16.15-17, 21.6). Isaac's wife Rebekah was also infertile until "Isaac prayed to the Lord for his wife" and she conceived two sons (Gen. 25.21). After Jacob married Rachel, she was without children until "God listened to her and opened her womb" (Gen. 30.22).

The men and women who were used by God to create the Jewish nation understood that their blessings were not random strokes of luck and freely recognized Him as their benefactor. Do we do the same? Do we intentionally praise God for our children or simply take it for granted that they exist in our family? If we're blessed with physical wealth, is it merely a product of our skill or of the Lord's hand? If we're protected from dangers, what is our attitude? Whatever success we've gained in our lives, what do we attribute it to? There is nothing we have which the Lord did not give to us.

NOW FORMING "NEW HORIZONS" DRACUT COMMUNITY BAND

We are recruiting members to play in a Dracut Community Band. It is open to all musicians 18 years or older who are residents of Dracut and from surrounding communities. No audition is required but Band members should have some playing and music reading experience. It will be lots of fun! **We will be rehearsing on Thursday nights at Christ Church United in Dracut Center from 6PM-8PM**

Please call Maureen Johnson 978-454-0055 for more information or if you'd like to join. We will be having an organizational meeting soon--We will notify players of date and time for meeting and start of rehearsal. Any donations of used instruments would be greatly appreciated especially a concert bass drum and stand.

PSYCHIC FAIR

Saturday March 11th, 2017 • 10am – 4pm

At the AMERICAN LEGION POST 247, 90 Pawtucket Blvd., Tyngsboro, MA. This is to Benefit Children & Youth Veterans' Programs. The event is Sponsored By American Legion Auxiliary, Middlesex County District Five Inc.

• READINGS \$25.00. TAROT, REIKI, PALMISTRY, INTUTIVE, MEDUIM, AURA READING & IMAGING
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AMERICAN LEGION AUXILIARY UNIT 247

90 Pawtucket Blvd. Tyngsborough, MA 01879

Meetings are held the first Thursday of each month.

Auxiliary Unit Officers for 2016-2017

President: Diane Dileo; Sr. Vice: Kathleen Olje; Jr. Vice: Annette Coles; Treasurer: Frances Radgowski; Secretary: Josephine Beauregard; and SGT-At-Arms: Mary Dupras. Executive Committee: Mary Hanley and Maureen Harris

For information on the Auxiliary Unit meetings, or functions contact Unit President Diane Dileo at 978-204-9329 or Unit Secretary Josephine Beauregard 978-459-7015.

Yours In Auxiliary, Unit Secretary, Josephine Beauregard

THE UNIT IS STILL COLLECTING can pull tabs drop off at Post and earmark for Auxiliary. **We also would Welcome New Auxiliary Members** 18 and older. Contact Unit President or Treasurer.

... **The Unit Jr. Auxiliary is accepting new Jr. members.**
Contact 978-649-7540 if interested in joining.



SONS OF THE AMERICAN LEGION

Massachusetts Detachment, Squadron 247 Robert D. Pelletier
Post 247, 90 Pawtucket Blvd, Tyngsboro

• **SAL Detachment 247 now meets on the first Wednesday of each month at 7 p.m. at Post 247.**

• **SAL Officers:** Commander: Brian Laplante; Sr. Vice Commander: Steve Harris; Jr. Vice Commander and Chaplin: Nelson Blake; Adjutant/Treasury: James Blake; E- Board: David Boyle

We are always welcoming new members. Drop in or call 978-649-7540. **Anyone interested** in becoming a member of the Sons of the American Legion is welcome to attend our monthly meeting. **Applications are available at the Post at any time.**

AMVETS POST #247 ROBERT D. PELLETIER

90 Pawtucket Blvd. Tyngsborough, MA

We hold our meetings on the **1st Tuesday** of the month at **7 p.m.** all veterans are welcome with 180 days or more of active duty. Come down and join us for a meeting.
God Bless America.

Officers: Commander: William Beaton Sr.; 1st Vice: John McDermott; 2nd Vice: David Coles; finance officer: Theodore Thing; Judge Advocate: Roland Milliard; Adjutant: John Cogan; Chaplain: Rodney Wood; Trustees: Claire Beaton and Marty Bloomgren.

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Dracut Rotary Club presents:

"DINING AROUND DRACUT"

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LOADING DOCK GALLERY

122 Western Avenue, Lowell, MA

The Loading Dock Gallery is a part of Loading Dock Arts. Open Wed-Sat, 12 to 5:30pm, Thurs till 8:30pm, Sun, 12 to 4pm. For information, call 978-656-1687, or visit theloadingdockgallery.com.

Decadent Dreams Through February 26, 2017

This February, thirteen Greater Boston Metal Clay Guild artists have collaborated to unveil unique "metal clay" jewelry masterpieces at the **Decadent Dreams** exhibit, opening on February 1st and running through February 26th at the Loading Dock Gallery at Western Avenue Studios in Lowell. You may be wondering..."What is metal clay?". Londonderry artist Michela Verani offers a simplified description of this relatively new medium: "Nanoparticles of metal (gold, fine silver, sterling silver, copper, bronze, steel) are held in a moist (water) organic (cellulose product) binder, worked like clay and fired in a kiln. After firing, the product has all the abilities of standard metal".

The artists in **Decadent Dreams** share a common experience; after working with other metals and art forms, the properties of metal clay have opened the door for new artistic expression. Amherst, MA artist Ruth Levine sums it up this way: "My aesthetic focus is to find new ways to bring out and enhance natural patinas, to create mixed metal pieces, and to combine new techniques and art forms into my work. The sculptural process and the technical challenge allow me to produce unique, one of-a-kind designs."

The wonders of nature have served as inspiration for many of the pieces in **Decadent Dreams**. Woburn's Rosa Elena Rivera's "Orquidea" ("Orchid") was designed after visiting an extraordinary exhibit of orchids: "I decided to make an orchid that would be able to bloom at any time of the year." Nature also inspires Leominster artist Paddy Marcotte to "replicate nature or work from patterns to build something entirely new", while, at the same time, "capturing a sense of organic growth". Her "Dogwood Blossom" necklace design originated as a gift for her mother after her father's death using actual blossoms from the dogwood tree he had planted for her. Nantucket light, colors and textures inform the creations of Bretworth Apthorp, who lives on the same island where the artist's love of jewels and jewelry began years ago. Loading Dock Gallery artist Laura Doran, also a member of the Greater Boston Metal Clay Guild, has orchestrated **Decadent Dreams** as a means to introduce local artists and the public to the art of metal clay.

PIANO HERITAGE SERIES AT THE PCA

February 5, 2017 Terry Eder 3:15 PM: Pre-Concert Talk with Ms. Eder / 4:00 PM Concert with Ms. Eder "The Piano Sings: The Interpretation of Masterpieces Inspired by Words" Terry Eder began her musical studies at the age of four in Detroit where she was born and raised. After attending Oberlin and Indiana University, she studied at the Franz Liszt Academy in Budapest. Since then, Ms. Eder has become one of the most distinguished interpreters/performers of the music of Bela Bartok. Ms. Eder's recent performances include recitals in Germany, France, the United States, China and Singapore. In 2015, Ms. Eder founded a new Concert Series in New York City called Key Pianists. In addition to teaching in New York City, Ms. Eder holds a Juris Doctorate and practiced law for 13 years simultaneously with her musical career. Ms. Eder's Talk and Recital will feature Bartok's Hungarian Peasant Songs, Bartok's Improvisations, Op. 20 and Schubert's Drei Klavierstücke, D. 946. For more information, please visit www.terryeder.com \$12 PCA Members and Seniors; \$15 Non-Members; \$8 Teens and College Students; \$5 Children 12 and under; Piano students Free with an Attending Adult. The Parish Center for the Arts, Corner of Boston Road and Lincoln Street on Westford Common PO Box 411, Westford, MA 01886 978-692-6333; PCA@Westford.org www.Westford.org/PCA

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10TH ANNUAL GALA COMING UP IN MARCH

Save the Date! The "Hammer It Home"

10th Annual Gala to be hosted by

Habitat for Humanity of Greater Lowell

will be held on **Friday, March 10, 2017**

at the UMass Lowell Inn & Conference Center.

This premiere event is our largest fundraiser of the year, a truly enjoyable event, with over 300 guests socializing, enjoying a cocktail reception, 3-course plated dinner, bidding on silent and live auction items, and hearing from our partner families how their lives have changed thanks to all of our supporters.

Friday, March 10, 2017 from 6-10 pm

UMass Lowell Inn & Conference Center, 50 Warren St, Lowell

Early Bird Tickets Available Now through Feb 28 Only: \$99 pp (individuals or group table reservations accepted)
Visit our auction/event website **Hammer It Home Gala** to purchase tickets.

For sponsorship, advertising & auction donation opportunities, please contact Heidi Tierney at 978.692.0927
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ANCHOR BIBLE CHURCH

18 Pondview Place, Tyngsborough, MA (across from Skate 3)
Sunday school - 10am Sunday worship 11am & 6pm Mid week
prayer meeting - Wed. 7pm. Home Bible study - 7pm, 1st and 3rd
Thursdays @ 163 Highland St., Hudson, NH Call Pastor Steve
Willett @ 978-957-0648 www.anchor-bible-church.org

SAINT LOUIS SCHOOL

Located at 77 Boisvert St. Lowell, MA 01850 is now accepting
applications for the 2017-2018 school year in grades Pre K 3 thru
grade 8.

Tours and "shadow" days are available. Simply contact the
school to schedule an appointment 978- 458-7594. Saint Louis
School, accredited by NEASC, is committed to the spiritual, intel-
lectual, social, psychological, and physical growth of its' students
through the practice of Catholic values, academic excellence, and
responsible citizenship.

Come and see the great happenings at Saint Louis School!

FAMILY BARN DANCE AT THE PCA

A family barn dance at the PCA with Dudley Laufman calling.

Bring the kids. Oh, CONTRAire! provides lively music.
Sunday February 12, 2017 from 3-5pm. No experience required;
all dances taught. Adults \$5; kids \$3; maximum \$15 per family;
group rates available. The Parish Center for the Arts, Corner of Bos-
ton Road and Lincoln Street on Westford Common. Westford, MA
01886 Telephone: (978) 692-6333 e-mail PCA@Westford.org
http://www.Westford.org/PCA

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THE WISH PROJECT

Drop off donations: Tue/Wed/Fri and Sat 9am-2pm

1A Foundry St., Lowell, MA 01852

Off of Plain Street in Lowell.

No appointment needed, **but call first if there is a snow storm.**
• **TOLL FREE NUMBER 866-WISH360** lets you get right to the
person you need when we are open.

WISH LIST

- Coffee makers, Toaster Ovens, irons, Can Openers, Hand Mixers
Baking Pans, cookie sheets, Spatulas, Dish detergent, Large Stock
Pots, Large Frying Pans, Medium Sauce Pots, Steak Knives, drink-
ing glasses, mugs, dish cloths.
- Microwaves, Vacuums, Reusable Bags
- Lamps (Table or floor) Small Kitchen tables, Sofas, Love Seats,
Dressers, XL Twin bed frames, Twin Mattress sets, full size mat-
tress sets, adjustable metal bed frames, queen size bed frames,
Bed risers, bed pillows, blankets, curtains, box springs, shower
curtain liners
- Infant play mats, Infant towels, Crib Mattresses, Diapers all sizes,
Infant car seats, infant bath tubs, Potty Seats, Baby Wipes, High
Chairs, Baby slings/carriers, Baby Monitors
- New Toys for Birthday Bags 1-3 yr olds & 6-8 yr old girls, crayons
- New children's underwear and socks, Women's socks, Hats/
Gloves, Mens & Womens Coats, Boots, Sneakers, hats, gloves,
winter clothes
- Toiletries, Fairy Godmother's Good Nite bags

About Us Our mission is to provide basic goods to help local
poor families move out of homelessness permanently. We do this
primarily through recycling useful things to fill wish orders placed by
clients. Call us at 978-441-9474. **FOLLOW US ON FACEBOOK**

The Wish Project provides furniture, home, and baby Goods-Bank to
more than 27,000 needy people each year. All clients are referred through
social service agencies, and are financially qualified. A 501C3 tax deductible
charity For more information visit <http://www.irs.gov> 1 A Foundry St. 495
to Lowell Connector to Exit 4 Plain St., Lowell, MA 01852 Turn Right on
Plain St., go 0.3 miles, Turn Right on Foundry. Call **978-441-9474**, or find out
more on our website www.TheWishProject.org/press/

BEAVER BROOK NATURE CENTER

• **Labelle Winter Fest Feb 18 11-4 pm**

345 NH-101, Amherst, NH 03031

Snowshoe in the vineyard with the vineyard manager and a Beaver Brook naturalist. Children can make a nature craft in the Great Room. Enjoy sledding - nature walks - bonfire and s'mores, maple sugar snow cups - vineyard snowshoeing tours - music - face painting - photo booth - craft making - canvas painting - boxed lunches(\$8) - liquid nitrogen ice cream. Beaver Brook is partnering with LaBelle Winery for this event. Free!

<https://www.labellewineryevents.com/event-registration/?ee=876>

• Herbs for controlling Blood Sugar levels

March 9 6:30-8 pm Beaver Brook Nature Center 117 Ridge Road Hollis NH. How can we control sugar and insulin levels in the blood? What are the root causes of insulin resistance? High insulin and blood sugar levels cause wide ranging problems from cardiovascular disease and diabetes to stress and Alzheimers. We will look at diet, exercise and herbs and their abilities to help normalize blood sugar. Take home a materia medica (a list of herbs and their uses) and an information packet. Instructor Rivka Schwartz.

\$20/\$18 Members of BBA Register at www.beaverbrook.org

• Maple Sugar Sweet March 18 1-4 pm

Beaver Brook Nature Center 117 Ridge Road Hollis NH
A Daisy/Brownie program based on the, "It's Your Planet - Love It" Journey. Did you ever wonder how trees make sugar? Learn from a talking tree and her leaves and roots as you watch a hilarious puppet show. Identify maple trees without their leaves, measure, drill and set a tap. Enjoy some sweet maple snacks and a beverage. This is a wonderful and unique bit of science, history and food found only in the North East of North America. Dress for the weather. Register through www.girlscoutsgwm.org 15 min/50 max \$14 per person

• Staying Found with Search and Rescue Dogs

April 22 9:30-11:30 Beaver Brook Brown Lane Barn 52 Brown Lane Hollis NH Co-sponsored by Beaver Brook, the Appalachian Mountain Club and NE K-9 Search and Rescue. Focus is to teach children how not to get lost, and how to stay safe if separated from their group. For kids aged 4-10. Free! See search and rescue dogs in action! The workshop will start at 9:30am and run for 1.5-2 hours. Pre-registration required. These workshops sometimes fill up, so register early Register online at www.beaverbrook.org

RISE SPRING SESSION



Seniors can choose from more than 57 five-week courses with two start dates. Second term courses begin March 13 and end April 21. There are no learning prerequisites, no tests and no credits earned. Membership for the ten-weeks of courses is \$130.00 and includes the use of the Muldoon Health and Fitness Center, Regina Library, and Dion Dining Hall.

Members may participate in up to five courses each term. Course topics include literature, history, music, art, computer science, photography, religion, philosophy and spiritual enrichment, writing, world cultures, current events, personal finances, genealogy, film, moderate exercise and water exercise. Twenty four of the courses are new for Spring.

The RISE program, tailored for "learning in retirement", is in its twentieth year. Individuals over age 55 are welcome to learn more about RISE, meet with facilitators and register with a check for the Spring Semester at the information session.

The RISE program will be holding a year-long celebration of its twentieth anniversary. The program began under the guidance of the late Dr. Rose Arthur, long time Rivier Dean of the Undergraduate Evening School, to offer enriched learning opportunities for area adults in collaboration with the Road Scholar Network.

Course brochures are available online, at local libraries and senior centers, and at the RISE office at Rivier University, which is in Memorial Hall, Room 126, on Clement Street. Seniors can view and download a brochure from the RISE website www.rivier.edu/riase and/or <http://www.facebook.com/RISE1997>. Additional information is available by calling (603) 897-8623.



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CAT FOOD DONATIONS NEEDED

to feed a colony of feral and homeless kitties. Please call me at **978-799-9715** for the drop-off location on the Dunstable/Tyngsboro line. Don Gaudette. **Volunteers to help with the feeding are also needed.** Associated with Kitty Angels www.kittyangels.org
Kitty Angels is An All-Volunteer, Non-Profit Shelter for Needy Cats

Community Health and Wellness Programs

February 2017



Childbirth Education Classes

Lowell General Hospital offers a variety of classes to help you prepare for the birth of your child. A tour of The Birthplace at Lowell General Hospital is included during the class.

Six-Week Prepared Childbirth, \$165

Provides information on the physical and emotional changes occurring during pregnancy, signs and progression of labor, pain management options and techniques, the role of a labor partner, postpartum care, basic infant care, and more.

Five-Week Hypno-Birthing® Childbirth, \$225

Hypno-Birthing® is for couples seeking more natural childbirth. This method uses deep relaxation to reduce the fear and tension that can cause long labor and pain, and replaces it with confidence, calm and comfort. Learn breathing, deep relaxation, visualization and self-hypnosis techniques.

Weekend Prepared Childbirth, \$165

Learn all the topics covered in our Six-Week Prepared Childbirth Class over the course of a weekend.

Online Prepared Childbirth, \$90

This e-course covers pregnancy basics, preparing for birth, labor basics, managing and coping with labor, interventions and postpartum care. Includes a face-to-face class with a nurse to answer questions. Also available in Spanish.

Insurance Reimbursement and Financial Assistance may be available.

Space is Limited and Registration is Required.

Call 1-877-LGH-WELL (1-877-544-9355) or visit
www.lowellgeneral.org/health

